Physical Activity for Adults

Find out about how this program can help you

What are the benefits of Physical Activity?
Regular physical activity has significant benefits for health and wellbeing. Just 30 minutes of moderate physical activity each day can improve your health and reduce the risk of developing certain conditions and diseases.

What programs does CCHS offer?

Strength Training
A structured exercise program that is tailor made for participant’s needs. Helps to improve strength, balance and cardiovascular endurance. Participants work independently on their prescribed program at their own pace in a supervised and social environment. Cost: $6* per session (up to 3 sessions per week)

Activate
A circuit workout that includes strength, balance and cardiovascular exercises, suitable for participants requiring additional support and supervision to complete their exercise. Cost: $68* per month (2 sessions per week)

F.I.T (Functional Independence Training)
Provides a safe and supported environment for participation in functional and cognitive activities with aim of improving and/or maintaining function and independent living in community. Cost: $68* per month (2 sessions per week)

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Caulfield Community Health Service

Who can come?
No age restriction.
Fees: $180 +assessment fee

The exercises in these programs have been shown to have positive impacts on:

- Arthritis
- Balance
- Blood pressure
- Bone health
- Type II Diabetes
- Health and Lung function
- Muscle strength
- Flexibility
- Depression
- Cancer related fatigue
- Stamina/endurance
- Mobility
- Posture

If you have any questions, call the team

How can I access the service?
Referrals can be made by yourself, your doctor or health care professional by contacting Caulfield Access.

If you are 65 or over, the referral needs to be made via My Aged Care - 1800 200 422 or myagedcare.gov.au

Do fees apply?
At CCHS, fees apply to our services. Fees are set in line with government guidelines and are based on your income. When you call us, fees will be explained and discussed with you. If you are concerned about fee affordability, please let us know.